ABSTRACT

The present invention is characterized in that a signal strength variance value which indicates variation of signal strength of signals detected by a non-invasive sensor in a biosignal detection means is calculated and the sleep stage is determined by using this signal strength variance value or a value derived from this signal strength variance value as an indicator value. The present invention is a method for determining the sleep stage of an examinee during sleep and a device for determining the sleep stages, is composed of the non-invasive sensor which detects biosignals disposed on a bed, a pressure detection tube which detects heartbeat signals outputted from the non-invasive sensor, a pressure detection sensor and a biosignal extraction means, and extracts the biosignals from pressure variation detected by the pressure detection sensor. The signal strength obtained as a reciprocal of a coefficient obtained by gain-controlling the signals by the biosignal detection means is detected. The present invention is characterized in that a signal strength variance value which indicates the variation of this signal strength is calculated and the sleep stage is determined by using this signal strength variance value or a value derived from this signal strength variance value as the indicator value.